

Breakfast Favorites

EASY BREAKFAST CASSEROLE

- 12 Eggs
- 1 cup Milk (optional)
- 1 Lg. Potato (cut on cone #3)
- ½ Onion (cut on cone #3)
- 1 cup Cheddar Cheese (cut on cone #2)
- 8 slices bacon (precooked and crumbled)
- Goya Seasoning to taste

1. Rinse potatoes. Cook in EOC with onions on 350 while preparing the other ingredients.
2. Whisk 12 eggs, milk, cheese, and Goya. Set aside.
3. Place cooked potatoes in EOC. Top with bacon crumbles, onion, cheese, then eggs. Mix.
4. Bake at 325 for 20 min. If still watery, let sit with lid askew for 10 minutes.

VEGGIE CASSEROLE

- 12 Eggs
- 1 cup Milk (optional)
- 1/2 Sweet Potato (cut on cone #2)
- Lg. Potato (cut on cone #3)
- 1/2 bag Spinach
- 2 cups Mushrooms (cut on cone #3)
- 1 cup Cherry Tomatoes
- 1 cup Feta Cheese
- Goya Seasoning to taste

1. Rinse potatoes. Cook Potatoes, Onion, and Mushrooms in skillet on at Medium heat.
2. Whisk 12 eggs, milk, cheese, and Goya. Set aside.
3. Add spinach and tomatoes, then eggs. Mix.
4. Bake at 325 for 20 min. If still watery, let sit with lid askew for 10 minutes.

POACHED EGGS IN ASPARAGUS HASH

- 6 Eggs
- 1 bunch of Asparagus Spears
- 1 medium Onion (cut on cone #3)
- 1 package of thick cut Bacon, cut into small pieces
- 1 package of Mushrooms (optional), cut on cone #3 or pre-sliced
- Adobo and other seasonings to taste
- Black Pepper

1. Fry Bacon separately (8" or 10" skillet)
2. Place bacon bits and onion in 11" skillet on medium heat with lid on.
3. Snap and cut up asparagus into ½" long pieces, place in skillet, replace lid. Add mushrooms, if using.
5. When valve clicks, mix, and make six wells in the hash.
6. Crack an egg into each well, sprinkle Adobo and pepper on the eggs. Replace lid.
7. When valve clicks, scoop and serve.

FRUIT SALAD

- 1 Cantaloupe (cut on cone #3)
- 3 Bananas (cut on cone #4)
- 2 Granny Smith Apples (cut on cone #2)
- 1 cup Strawberries (cut on cone #4)
- 1 pkg. Blueberries

1. Quarter cantaloupe and scoop out seeds. Score with 3 slits on each piece for smaller cuts. Cut on cone #3.
2. Cut other ingredients and mix in large bowl.
3. Chill for 20 min and serve.

PANCAKES

- 1 cup Pancake Mix
- 1 cup Water or Milk
- 2 Eggs
- NO OIL!

1. Pre-heat griddle to med (wait for water dance).
2. Pour batter onto griddle and check for bubbles. (approx 1 min).
3. Using Turner, slide under edges around pancake, then flip and cook for ~ 1 min.



OVERNIGHT MUESLIX W/ BANANAS & BLUEBERRIES

- ¼ cup Steel Cut Oats
- 1 Tbsp Chia Seeds
- 1 Tbsp unsweetened Coconut Flakes
- 1 cup Non-Dairy Unsweetened Milk
- 1 Tbsp dried Cranberries
- ¼ cup Blueberries
- 1 Banana (cut on cone 3#)
- 4-5 Pecans, chopped

1. Mix all ingredients except nuts in a bowl.
2. Cover and place in the refrigerator overnight.
3. In the morning, stir all ingredients again and add a bit more milk to desired consistency. Top with chopped nuts.

OMELET

- 3 Eggs, whisked
- ¼ cup Spinach, chopped
- 1 sliced Cheese
- 1 Tbsp Oil or Butter

1. Pre-heat skillet to med-low.
2. Add oil/butter, coat skillet.
3. Place eggs in skillet, turn temp up to med.
4. Move eggs around with spatula until mostly cooked.
5. Flip omelet, turn burner off, add toppings, fold omelet. Serve

SCRAMBLED EGGS W/O OIL

- 3 Eggs

1. Preheat griddle to med (wait for water dance)
2. Place eggs on griddle, lower heat to med-- low.
3. Using turner, move eggs around as they cook. When eggs are almost done, turn burner off.

TOFU SCRAMBLE

- 1 Red Bell Pepper (cut on cone #2)
- Green Bell Pepper (cut on cone #2)
- ½ Sweet Potato (cut on cone #2)
- 1 cup Cherry Tomatoes
- 1 small Onion (cut on cone #2)
- 2 blocks water-packed FIRM Tofu, drained
- 1/8 tsp Turmeric
- Goya Adobo to taste

1. Cook veggies in the 11" skillet, covered, on medium heat until the valve clicks. Reduce heat to low for 5 mins.
2. In a bowl, place the tofu turmeric and adobo and mash together with a fork, until the mixture resembles scrambled eggs.
3. Add to 11" with veggies and cook over medium-low for about 8-10 minutes.
4. If the tofu is watery, cook without the lid.

FRIED EGG W/ BUTTER

- 1 Egg
- 1 Tsp Butter

1. Preheat skillet to med (wait for water dance).
2. Crack egg over skillet, turn heat to med-low
3. Wait until white of egg is white throughout, flip egg, turn burner off and wait about 30 seconds. Serve

FRIED EGG W/ WATER

- 1 Egg
- 3 Tbsp Water

1. Preheat skillet to med w/water in skillet and cover with lid (approx 1--2 min)
2. Crack egg over skillet, turn heat to med-low and cover with lid for approx 2 min
3. Uncover, whites should be cooked. Using spatula or turner, flip egg.
4. Turn burner off and let it finish cooking (approx 30 seconds). Serve.